

Howard County Department of Community Resources and Services
Office on Aging and Independence
Cycle2Health

Cycle2Health is a non-competitive, peer-led, bicycling club for adults of all ages and riding abilities, coordinated by the Health & Wellness Division of the Howard County Office on Aging and Independence (OAI). You must register to participate.

Registration for the 2021 season is now open! Click [here](#) to register.

Special instructions for all riders:

Please arrive 15 minutes before ride start time to ensure an on-time start. We ask that each rider have a mask with them on each ride to wear when at least 6 feet social distancing is not possible. Remember your water bottle as water fountains may not be accessible on rides; bring sunscreen, and tools to change a tire; bring a cell phone if you have one, and identification including emergency contact information. You must register for Cycle2Health and sign in advance for each ride using the Sign Up Genius link provided ahead of the ride, and review the bicycle guidelines before you can participate in these rides. Contact Malarie Burgess at 410-313-6073 or mburgess@howardcountymd.gov for more information.

COVID-19 Considerations:

If you answer "yes" to any of the following questions, please do NOT sign up for any rides until you are cleared by a physician for activity or have received a negative COVID test result within the past 72 hours:

Have you or anyone in your household had any of the following symptoms in the last 14 days: sore throat, cough, chills, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, loss of taste, fever at or greater than 100 degrees Fahrenheit?

Have you or anyone in your household been tested for COVID-19 in the past 14 days and directed to quarantine by a medical official?

Have you or anyone in your household traveled out of the state in the past 14 days?

Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19 within the past 14 days?

To the best of your knowledge have you been in close proximity to any individual who tested positive for COVID-19 within the past 14 days?

How do I register for Cycle2Health?

To participate in Cycle2Health Howard County (C2H), it will be important to review the Bicycle Guidelines and then register online. Bicycle Guidelines are available by request by emailing Malarie Burgess at mburgess@howardcountymd.gov. A \$15 fee will be collected at the time of registration (renewed annually). Registration will be limited for the 2021 riding season. Registered participants are encouraged to join the Cycle2Health Listserv to receive ride updates and cancellation notices. To join, email cycle2healthhowardcounty@gmail.com.

Where and when do rides take place?

Rides take place during the week, during daytime hours, and depart from various locations in and around Howard & surrounding counties. Rides typically depart in the morning, with the exact departure time varying by route and season. Plan to arrive 15 minutes before the scheduled ride time to prepare yourself and bicycle for an on-time start. Rides will be limited to 15 riders per ride for the 2021 riding season.

How do I know which rides are right for me?

To provide an opportunity for safe and enjoyable riding for all C2H participants, two different level rides are offered each week throughout the riding season:

Casual rides are rides of less than 12 miles on relatively flat terrain at a relaxed pace. These rides are on pathways, trails or quiet residential streets with frequent re-grouping.

Moderate rides are rides of less than 20 miles at 10-12 MPH with some moderate short hills and maybe a longer hill. Moderate riders should be comfortable riding in some traffic and should know basic group riding etiquette.

Advanced rides are rides of over 20 miles at 13-15 MPH and will include moderate to steep hills with limited rest stops. Riders should be aware of their riding ability and limitations before participating in an advanced ride.

Cue sheets will be made available in advance of the ride and riders are encouraged to drive the route to determine if the route is appropriate for them. Riders just getting back to riding or those who haven't had experience riding in a group venue are encouraged to start with the Casual Ride group.

Can I bring a guest on a C2H ride?

Guests are not permitted on C2H rides for the 2021 riding season.

Are there instructional opportunities for new participants or those new to riding?

Instructional clinics are available at various times during the riding season. The instructional clinics focus on bike control, bike safety, rules of the road, and group riding etiquette. C2H registration is required to participate in the instructional clinics.

What is the C2H inclement weather policy?

In the event of inclement weather, the ride leader may move the ride start time one hour earlier or later. Rain cancels the ride. Participants are encouraged to join the C2H list serve for ride updates and cancellations. To join, email cycle2healthhowardcounty@gmail.com with the subject line "add to listserve."

What equipment is necessary to participate?

Each participant provides their own bicycle, helmet, water, spare tube, bicycle air pump, tools to change a flat tire, and snack/lunch money as rides may conclude with a lunch outing. Each participant should wear a road ID on all rides. A courtesy road ID is given to participants upon registration.

What kind of bike do I need?

A bike with a solid frame that is fitted for your height and equipped with multiple gears to assist in managing hills. Bicycles should be in working order to ensure safe and enjoyable riding for both the participant and group. We welcome e-bikes on rides; please notify your ride leader that you use one on ride day & select the appropriate ride level for yourself.

What should I wear?

Dress for the weather, layers may be necessary in the spring and fall months. A neon, or other brightly colored shirt or jacket is recommended.

For more information, contact:

Malarie Burgess 410-313-6073 or mburgess@howardcountymd.gov